

Experiences Related to Autism

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

The two-year-old had limited eye contact, disliked touch, engaged in rocking and flapping his hands, was either fussy and irritable, or withdrawn into his internal world. After his first listening to a relaxed *Metamusic* tape, he accepted touch, initiated eye contact and smiling, and appeared to be calm and peaceful.

The results of introducing *Hemi-Sync* to children in a special education setting were incredible. *Hemi-Sync* seemed to stimulate cortical integration and whole brain learning. One autistic child was able to sleep at night for the first time, with the *Surf* tape, which also improved the ability of an emotionally impaired six-year-old to relate interpersonally.

As the years have passed, many of my earlier problems with Autism are gone, but it manifests in different ways now. I am often anxious and compulsive, feeling the need to check the doorknob or stove several times to make sure they are OK. I also had trouble sleeping. While at a local Autism Society meeting, I was introduced to *Sleeping Through the Rain* and *Inner Journey*. Since working with these tapes, my sleep is much better and I feel calmer, yet highly aware of everything during the day. I am more sensitive to sounds, am better able to solve problems, and come up with creative solutions. I also feel more optimistic, as though all things will really continue to work out for the best.

The combination of *Brain: Repair & Maintenance*, *Think Fast, Eight-Great, Möbius West* and *Options* has had a very powerful effect on the symptoms of my Autism. I am not picking at my fingers very much anymore and I am hardly making the tongue noises, either. I also use the *Gateway Experience* tapes. *Hemi-Sync* is by no means a cure for Autism, but it may be a way to help the individual tap into his or her brain's potential to facilitate growth and change, and so that treatments won't be necessary.

The therapist's videotape of a session with an autistic child illustrated dramatic change once *Hemi-Sync* was introduced into the environment. Early on, the child shrunk back with extreme defensive reactions. Contact was intolerable. After some moments of listening to *Metamusic* the child visibly relaxed and focused, and reached out to give the therapist a hug.

My eight-year-old daughter was having a very hard time both at home and at school. In terms of her ability to deal with sensory stimuli, she tested at a four-year-old level, and was constantly interacting with her environment. It was exhausting for her and for us. Since we learned about *Hemi-Sync* at an Autism Society Conference, we've been playing *Surf* and *Remembrance* for her during the day and *Sandman Suites* (no longer available) at night. The improvement is remarkable.

An orphanage in Rumania was home for our daughter's first 2 1/2 years. When we first saw her she was in a "cage," penned up with other children who were never held, never bathed, only given bottles. In the five years since we adopted her, we've made the rounds of every possible treatment and facility from sensory training to neuropsychiatric wards. Her behavior constantly shifted between super passive and super aggressive and back again. After learning about *Hemi-Sync* through a support group for parents of post- institutional children we bought *Surf*, *Midsummer Night*, *Sandman Suites* (no longer available), and *Remembrance* and kept one of the tapes playing all the time. We saw immediate results, and, over time, her behavior has evened out. It feels like a miracle.

All members of the group I am working with have children who, for one reason or another, are more difficult than "usual." Their children are all now listening to *Hemi-Sync* tapes with good results. One child, labeled "autistic," has been using tapes for about six weeks. Her cranial osteopath told her that the two halves of the brain are now working together when previously they were not.

Although some of the symptoms of Autism had been overcome through years of training, I was still anxious and compulsive, and had a great deal of difficulty sleeping. At an Autism Society workshop, I heard my first *Hemi-Sync* tape, *Inner Journey*, and for the next few nights slept better than I had in a long time.

I was born with Congenital Rubella, and as a result, I have suffered with Autism. Cataract lenses were removed from my eyes, an open-heart valve was repaired, and nerve damage, resulting in deafness in my right ear is still present. Although many of my earlier problems with Autism are gone, it manifests itself in different ways now. I am often anxious and compulsive, feeling the need to check the stove or doorknob several times to insure things are OK. I also have a great deal of difficulty sleeping, due to my inability to discharge excess energy early enough in the evening. I often woke up tired and groggy as a result.

While speaking at a workshop for the local Autism Society office, a woman played a tape with beautiful music. When asked what it was, she showed me the *Hemi-Sync* tape, titled *Inner Journey*. I was given a copy, and for the next few nights, I slept better than I ever have. I've been using *Inner Journey* and *Sleeping Through the Rain* since, with remarkable results. I realize these tapes are helping me to obtain the most refreshing sleep I've ever experienced, with the added benefit of feeling less anxious during the day.

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